



# November Lunch

**NO FRIED FOODS!!**

Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
<p>Mega Mac &amp; Cheese - <b><u>V, EF</u></b>            Pasta            Peas and Carrots            Honey Dew  <b>GF: GF Pasta w/ GF Sauce</b>  <b>Vegan, DF: Cheesy Vegan Pasta</b></p>	<p>Turkey Sloppy Joes - <b><u>DF, EF</u></b>            Dinner Roll            Green Beans            Cantaloupe  <b>V, Vegan: Lentil &amp; Bean Sloppy Joe</b>  <b>GF: Gluten Free Bread</b></p>	<p>Maui Chicken - <b><u>DF, EF, GF</u></b>            White Rice            Broccoli            Pineapple  <b>V, Vegan: Maui Tofu</b></p>	<p>Three Bean Chili            Buttered Pasta            Watermelon  <b>Vegan, DF: Plain Pasta</b>  <b>GF: GF Pasta</b></p>	<p>Pizza Day - <b><u>V, EF</u></b>            Flour Pizza Crust            Cucumbers            Fruit Salad  <b>DF: Pizza w/Turkey Pepperoni</b>  <b>GF: Gluten Free Pizza w/ Cheese</b>  <b>Vegan: Pizza w/ Vegan Cheese</b></p>
Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
<p>Spaghetti w/ Meat Sauce - <b><u>DF, EF</u></b>            Spaghetti            Peas and Carrots            Cantaloupe  <b>V: Cheesy Italian Pasta</b>  <b>Vegan: Pasta Marinara Vegan Cheese</b>  <b>GF: Entrée w/ GF Pasta</b></p>	<p>Taco Tuesday! - <b><u>EF</u></b>            Flour Tortillas            Lettuce, Salsa            Bananas  <b>V, Vegan: Veggie &amp; Bean Taco</b>  <b>GF: Corn Tortilla</b></p>	<p>Chicken Jambalaya - <b><u>DF, EF, GF</u></b>            Whole Grain Brown Rice            Sliced Carrots            Watermelon  <b>V, Vegan: Tofu Jambalaya</b></p>	<p>Turkey Gyros - <b><u>EF</u></b>            Pita Bread (Tzatziki on the side)            Cauliflower            Honey Dew  <b>V, Vegan: Chickpea and Veggie Gyros</b>  <b>GF: Corn Tortilla</b></p>	<p>Meatball Slider            Dinner Roll            Cucumbers            Fruit Salad  <b>V, Vegan, DF, EF: Tofu Slider</b>  <b>GF: Tofu Slider w/GF Bread</b></p>
Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023
<p>Pasta Alfredo - <b><u>V, EF</u></b>            Pasta            Sliced Carrots            Honey Dew  <b>DF, Vegan: Pasta Marinara w/ Vegan Cheese</b>  <b>GF: GF Pasta Alfredo</b></p>	<p>Chicken Teriyaki - <b><u>DF, EF, GF</u></b>            White Rice            Broccoli            Bananas  <b>V, Vegan: Tofu Teriyaki</b></p>	<p>Turkey Chili - <b><u>DF, EF</u></b>            French Bread            Cauliflower            Cantaloupe  <b>V, Vegan: Three Bean Chili</b>  <b>GF: Gluten Free Bread</b></p>	<p>Philly Chicken Cheesesteak - <b><u>EF</u></b>            Mini Hoagie            Peppers and Onions            Watermelon  <b>DF: DF Chicken Cheesesteak</b>  <b>V, Vegan: Veggie Bean Cheesesteak</b>  <b>GF: Corn Tortilla</b></p>	<p>Pizza Day - <b><u>V, EF</u></b>            Flour Pizza Crust            Cucumbers            Fruit Salad  <b>DF: Pizza w/Turkey Pepperoni</b>  <b>GF: Gluten Free Pizza w/ Cheese</b>  <b>Vegan: Pizza w/ Vegan Cheese</b></p>
Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023
<p>Swedish Meatballs            Wheat Bread            Peas and Carrots            Honey Dew  <b>V, Vegan, DF, EF, GF: Veggie Meatballs</b>  <b>GF: Gluten Free Bread</b></p>	<p>Chicken Fajitas - <b><u>DF, EF</u></b>            Flour Tortillas            Peppers and Onions            Bananas  <b>V, Vegan: Black Bean Fajitas</b>  <b>GF: Entrée w/ corn tortilla</b></p>	<p>Slow Roasted Turkey            HOK Corn Bread            Glazed Baby Carrots            Cranberry Sauce  <b>V, Vegan: Veggie Patty</b>  <b>GF: Plain Turkey</b>  <b>Vegan, DF, EF, GF: White Rice</b></p>	<p>Happy Thanksgiving!</p>	
Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	Friday, December 1, 2023
<p>Chickpea Pesto Pasta - <b><u>V, EF, GF</u></b>            Wheat Bread            Sliced Carrots            Cantaloupe  <b>DF, Vegan: DF Chickpea Pesto Pasta</b></p>	<p>Chicken Paella - <b><u>DF, EF, GF</u></b>            Turmeric Rice            Peas and Carrots            Bananas  <b>V, Vegan: Tofu Paella</b></p>	<p>Mama's Bolognese - <b><u>DF, EF</u></b>            Pasta            Cauliflower            Honey Dew  <b>V, Vegan: Pasta w/ Vegetable Ragu</b>  <b>GF: Entrée w/ GF Pasta</b></p>	<p>Cheesy Chicken Broccoli - <b><u>EF, GF</u></b>            Whole Grain Brown Rice            Broccoli            Watermelon  <b>DF: DF Chicken Broccoli Casserole</b>  <b>V, Vegan: Tofu Broccoli Casserole</b></p>	<p>Pizza Day - <b><u>V, EF</u></b>            Flour Pizza Crust            Cucumbers            Fruit Salad  <b>DF: Pizza w/Turkey Pepperoni</b>  <b>GF: Gluten Free Pizza w/ Cheese</b>  <b>Vegan: Pizza w/ Vegan Cheese</b></p>